Chancellor Cochran

Social Emotional Intelligence

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Emotional Intelligence Project Paper

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**Emotional Intelligence**

Throughout this course we have developed an idea and concept about emotional intelligence. Through our research and development of ideas we know that emotional intelligence can be taught on some level. This class has taught me not only that teaching emotional intelligence is possible, but also that emotional intelligence is beneficial for the students. We know emotional intelligence is important, and we know that there are many incentives to learn and teach it, so the question becomes what exactly are we trying to teach our students specifically and how do we do so?

**What Are We Trying To Teach?**

As teachers it is important for us to remember what we are trying to teach. Having a clear definition of your goals is imperative in keep on task and on subject. Emotional Intelligence is the capacity to recognize, understand, and manage emotions in constructive ways to reduce stress, communicate effectively, empathize with others, overcome challenges, and resolve conflict. This emotional intelligence is made up of different attribute, some of which are self-awareness, self-management, social awareness, and relationship management. There are many other elements that make up Emotional Intelligence but these 4 make up the main idea EI.

Self-awareness is the ability to not only recognize our own emotions but also see how they affect our thoughts, behaviors, mindsets and abilities. Self-management is the ability to control these emotions and manage in constructive ways. Social awareness involves understanding the emotions of the people around us; this includes empathy, understanding social cues and group dynamics. Finally, relationship management entails developing, maintaining and nourishing healthy relationships in our lives, through conflict resolution, communication skills and teamwork. Through these four abilities we can achieve Emotional Intelligence, but how do we teach it?

**How Do We Teach Emotional Intelligence?**

This is a difficult question to answer because Emotional Intelligence is such an abstract concept, it may be hard for individuals to completely understand this but we can still teach them step to reach emotional intelligence. We can teach our students how to reduce stress in the stressful moments we encounter. We can do this by teaching kids how to reflect on a stressful time and understand how that was resolved. By doing this they will develop an understanding of the good and bad ways they resolve stress, highlighting the good management techniques and allowing students to use them again. Another valuable technique we can teach is understanding self-emotions. Teaching students how to think about their own emotions through reflection, journaling, group talks, partner talk and student- teacher talks. This will get students to verbalize their emotions and allow them to understand them a little bit better than before.

Socialization skills are also a large part of emotional intelligence and should be focused on in the classroom. We can increase this skill in our classrooms by allowing our students socialization time and having social activities throughout any content area. We can show our students appropriate socialization and show them different ways we communicate, like nonverbal. For nonverbal communication we can show students what to look for such as cues, eye contact and focusing in on the other person. This can be practiced throughout the day to teach students how they can applicably communicate. Along with social skills come conflict resolution because with any relationships there will be conflicts that need resolving. An important thing to remember is that we are not trying to avoid conflict, because conflict inspires change. We are trying to teach successful resolution of those conflicts through communication, clarification, appropriate verbalization and understanding of stances. We can teach this through controlled conflict such as debates, or re-enacting a court. The only way we can teach about resolution is to be presented with a conflict, realizing the way to solve it and successfully communicating our feelings, thought and emotions about it.

Through these different tactics we can teach our students and ourselves how to be emotionally intelligent. We need to remember that emotional intelligence is not about trying to get everyone to think similarly, which would be an extremely dangerous idea. We want everyone to be aware of the things they do and the consequences that come from their actions. We don’t want people agreeing with everything that is presented, we want there to be conflict, we just are teaching our students how to resolve issues in a way that is efficient, competent and most of all intelligent.